



Guide – Personal Reflection

Thank you for choosing to participate in the Diocesan Phase of the Synod!

The Synod is an invitation for every diocese to embark on a path of profound renewal as inspired by the grace of God's Spirit. As stated in the Preparatory Document, the Synod considers a main question: How is our "walking together" in synodality realized today in the Church? What steps does the Spirit invite us to take in order to grow in our "walking together"?

The sensus fidei of the whole People of God is sought on this question. Since each diocese has a unique context, its path for seeking, promoting, and reaping the fruits of this sensus fidei will be unique.

Overall, the Synod guidelines remind us that:

- *The goal is to ensure the participation of the greatest number possible, in order to listen to the living voice of the entire People of God.*
- *This is not possible unless we make special efforts to actively reach out to people where they're at, especially those who are often excluded or who are not involved in the life of the Church.*
- *There must be a clear focus on the participation of the poor, marginalized, vulnerable, and excluded, in order to listen to their voices and experiences.*
- *The Synodal Process must be simple, accessible, and welcoming for all.*

-Discerning the path for your Diocese

Here are suggested guidelines:

1. **Download all necessary material** from our diocese website (<http://www.whitehorsediocese.ca/synod-2021-2023.html>). Choose the button, "I want to: Submit my own personal reflection".

If you need a printed version, please notify your parish priest or lay pastoral associate as soon as possible.

2. In our Diocese, we've chosen to discuss the Synod theme of synodality by focusing on three questions reflected in separate dialogues. You are welcome to use the dialogue outlines created for groups to help steer your reflection process. You can choose to reflect on one, two or all three questions.

Dialogue 1: How do we celebrate together in the Church?

Dialogue 2: How does the Holy Spirit inspire us when we communicate with each other in the Church and with others outside the Church?

Dialogue 3: How can we carry out together the mission of the Church within our faith community and in our broader society?

Alternate option: You can choose to explore a different question or use a different approach. See the documents titled, "List of questions suggested for the Synod", and "Suggested Tools".

3. Once you have all the material - i) *Synod 2023 Preparatory document*, ii) *Vademecum (handbook)*, iii) *Synod Prayer*, iv) *Personal Reflection Report*), **please take sufficient time to truly prepare your heart** before you reflect on your chosen question(s). A period of preparation of two weeks is suggested.

- a) Pray the *Adsumus Sancte Spiritus* prayer
- b) Read carefully the Preparatory Document
- c) Reflect on the main theme and question of the Synod:

A synodal Church, in announcing the Gospel, “journeys together:” How is this “journeying together” happening today in your local Church?

What steps does the Spirit invite us to take in order to grow in our “journeying together”?

- d) Read the scriptures:

Acts 10:34 (Peter’s Speech)

Matthew 15:21-28 A Woman’s Faith

John 4:1-42 Jesus and the Samaritan Woman

John 9 Jesus Heals a Man Born Blind

4. **Take time to reflect on your chosen question(s).**

5. When you feel you are ready to do so, **fill in your Personal Reflection Report**. Ensure the report summary is no more than two pages.

6. Email your report to executiveassistant@whitehorsediocese.ca no later than the end of the day on **April 30, 2022**.

If you have any questions or concerns, please contact your parish priest, lay pastoral associate, or the Bishop’s Office at 867-667-2052.

“A sincere word of gratitude to all those who organize, coordinate, and participate in this Synodal Process. Guided by the Holy Spirit, we make up the living stones through whom God builds up the Church that he desires for the third millennium (1 Peter 2:5). May the Blessed Virgin Mary, Queen of the Apostles and Mother of the Church, intercede for us as we journey together on the path that God sets before us. As in the Upper Room at Pentecost, may her maternal care and intercession accompany us as we build up our communion with one another and carry out our mission in the world. With her, we say together as the People of God: “Let it be with me according to your word” (Luke 1:38).”

- *Vademecum for the Synod on Synodality*